

Purpose All three versions of the Beck Depression Inventory (BDI-I, BDI-IA, and BDI-II) are designed to rate the severity of respondents' depression in the weeks preceding questionnaire completion. Suited to both clinical and research populations, the 21-item instrument evaluates a variety of cognitive and physical symptoms of depression. One question in each version relates directly to sleep concerns: Question 16 asks respondents to indicate if they have experienced a recent disturbance in their sleeping habits. However, depression appears to be especially prevalent among patients diagnosed with sleep disorders; thus, some researchers have suggested that administration of a depression scale like the BDI should be a routine step in the diagnosis and treatment of sleep disorders [1]. The 28 items of the scale are drawn from the 111 items shown on the following pages.

Population for Testing Patients between 13 and 80 years of age.

Administration A self-report, paper-and-pencil format; the questionnaire can be completed by

respondents unaided, or can be administered by interview. Requires 5–10 min for testing. The most recent version, the BDI-II, is particularly recommended for use with patients who may have sleeping difficulties, as it has been updated to reflect the fact that sleep can both increase and decrease as a result of depression.

Reliability and Validity On revising the original BDI, Beck and colleagues [2] performed a study analyzing the psychometric properties of the BDI-II and found an internal consistency of $\alpha = .91$.

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Authors: Aaron T. Beck, Robert A. Steer, & Gregory K. Brown

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Scoring Each of the 21 questions presents four different statements and asks respondents to select the option that best represents them. Statements refer to depressive states in varying degrees of severity (from "I do not feel sad" to "I am so sad or unhappy that I can't stand it"), and this is reflected in the scoring process which

Beck Depression Inventory®–II (BDI®–II) Simulated Items

Unhappiness

- 0 I do not feel unhappy.
- 1 I feel unhappy.
- 2 I am unhappy.
- 3 I am so unhappy that I can't stand it.

Changes in Activity Level

- 0 I have not experienced any change in activity level.
- 1a I am somewhat more active than usual.
- 1b I am somewhat less active than usual.
- 2a I am a lot more active than usual.
- 2b I am a lot less active than usual.
- 3a I am not active most of the day.
- 3b I am active all of the day.

Simulated Items similar to those in the Beck Depression Inventory–II. Copyright © 1996 by Aaron T. Beck. Reproduced with permission of the publisher NCS Pearson, Inc. All rights reserved.

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NCS Pearson, Inc. Attn: Customer Service
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assigns higher values to responses indicating more acute symptoms of depression.

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Representative Studies Using Scale

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